



MITRATA-NEPAL FOUNDATION FOR CHILDREN, INC.

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Rights of Children

1. A child is any person under the age of 18.
2. All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.
3. When adults make decisions, they should think about how their decisions will affect children. All adults should do what is best for children. Governments should make sure children are protected and looked after by their parents or by other people when this is needed. Governments should make sure that people and places responsible for looking after children are doing a good job.
4. Governments should let families and communities guide their children so that, as they grow up, they learn to use their rights in the best way. The more children grow the less guidance they need.
5. Every child has the right to be alive. Governments must make sure that children survive and develop in the best possible way.
6. Whenever possible, children should know their parents and be looked after by them.
7. Children have the right to their own identity – an official record of who they are which includes their name, nationality and family relations. No one should take this away from them, but if this happens, governments must help children to quickly get their identity back.
8. Children should not be separated from their parents unless they are not being properly looked after - for example, if a parent hurts or does not take care of a child. Children whose parents do not live together should stay in contact with both parents unless this might harm the child.
9. Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.
10. Children have the right to share freely with others, what they learn, think and feel, by talking, drawing, writing or in any other way unless it harms other people.
11. Children can choose their own thoughts, opinions and religion, but this should not stop other people from enjoying their rights. Parents can guide children so that as they grow up, they learn to properly use this right.
12. Children can join or set up groups or organizations, and they can meet with others, as long as this does not harm others.
13. Every child has the right to privacy. The law must protect children's privacy, family, home, communications and reputation from any attack.
14. Children have the right to get information from books, newspapers, television, radio, the Internet and other sources. Adults should make sure the information they are getting is not harmful.

15. Parents are the main people responsibility for bringing up a child. When a child does not have any parent, another adult will have this responsibility and they are called a “guardian”. Parents and guardians should always consider what is best for that child. Governments should help them.
16. Governments must protect children from violence, abuse and being neglected by anyone who looks after them.
17. Every child who cannot be looked after by their own family has the right to be looked after properly by people who respect the child’s religion, culture, language and other aspects of their life.
18. Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adult and children should have information about how to stay safe and healthy.
19. Every child who has been placed somewhere away from their home – for their care, protection or health – should have their situation checked regularly to see if everything is going well and if this is still the best place for the child to be.
20. Children have the right to food, clothing and a safe place to live so they can develop in the best possible way. The government should help families and children who cannot afford this.
21. Every child has the right to education. Primary education should be free. Secondary and higher education should be available to every child. Children should be encouraged to go to school to the highest level possible. Discipline in schools should respect children’s rights and never use violence.
22. Children’s education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights and to respect other people’s rights, cultures and differences. It should help them to live peacefully and protect the environment.
23. Every child has the right to rest, relax, play and take part in cultural and creative activities.
24. Children have the right to be protected from doing work that is dangerous or bad for their education, health or development. If children work, they have the right to be safe and paid fairly.\
25. Governments must protect children from taking, making, carrying or selling harmful drugs.
26. The government should protect children from sexual exploitation and sexual abuse, including by people forcing children to have sex for money or making sexual pictures or films of them.
27. Governments must make sure that children are not kidnapped or sold or taken to other countries or places to be exploited.
28. Children have the right to be protected from being taken advantage of in any way, even if it is not mentioned in this Convention.
29. Children who are accused of breaking the law should not be killed, tortured, treated cruelly, put in prison forever or put in prison with adults. Prison should always be the last choice and only for the shortest possible time. Children in prison should have legal help and be able to stay in contact with their family.
30. Children have the right to be protected during war. No child under 15 can join the army or take part in a war.

From the United Nations Convention on the Rights of the Child